



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Statistics Report 03194, Babyfood, cereal, Rice, dry, fortified

Report Date: June 24, 2017 23:29 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water <sup>1</sup>	g	5.13	--	0.045	4.81	8.61	5.0	5.019	5.249	1	Analytical or derived from analytical	--	04/2015
Energy	kcal	390	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
Energy	kJ	1630	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
Protein <sup>1</sup>	g	6.65	--	0.050	5.83	7.62	4.0	6.52	6.79	1	Analytical or derived from analytical	--	04/2015
Total lipid (fat) <sup>1</sup>	g	2.19	--	0.156	0.84	3.18	4.0	1.769	2.611	1	Analytical or derived from analytical	--	04/2015
Ash <sup>1</sup>	g	2.89	--	0.023	0.93	3.07	7.0	2.833	2.94	1	Analytical or derived from analytical	--	04/2015
Carbohydrate, by difference	g	83.14	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
Fiber, total dietary <sup>1</sup>	g	1.3	--	0.084	1.1	3.2	2.0	1.02	1.635	1	Analytical or derived from analytical	--	04/2015
Sugars, total <sup>1</sup>	g	4.85	--	0.152	2.47	5.5	2.0	4.221	5.473	1	Analytical or derived from analytical	--	04/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose <a href="#">1</a>	g	0.21	--	0.006	0.2	0.5	3.0	0.191	0.228	1	Analytical or derived from analytical	--	04/2015
Glucose (dextrose) <a href="#">1</a>	g	2.38	--	0.072	0.4	2.8	2.0	2.08	2.682	1	Analytical or derived from analytical	--	04/2015
Fructose <a href="#">1</a>	g	0.10	--	0.007	0.07	0.2	2.0	0.073	0.13	1	Analytical or derived from analytical	--	04/2015
Lactose <a href="#">1</a>	g	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2015
Maltose <a href="#">1</a>	g	2.16	--	0.082	1.6	3.7	2.0	1.814	2.496	1	Analytical or derived from analytical	--	04/2015
Galactose <a href="#">1</a>	g	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2015
Starch <a href="#">1</a>	g	55.67	--	0.519	42.8	58.5	4.0	54.227	57.115	1	Analytical or derived from analytical	--	04/2015
<b>Minerals</b>													
Calcium, Ca <a href="#">1</a>	mg	860	--	4.163	747	894	4.0	849.077	871.681	1	Analytical or derived from analytical	--	04/2015
Iron, Fe <a href="#">1</a>	mg	53.01	--	0.834	47.53	68.5	5.0	50.847	55.179	1	Analytical or derived from analytical	--	04/2015
Magnesium, Mg <a href="#">1</a>	mg	37	--	0.202	28	113	7.0	36.107	37.07	1	Analytical or derived from analytical	--	04/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phosphorus, P <a href="#">1</a>	mg	273	--	2.743	231	621	3.0	264.867	281.732	1	Analytical or derived from analytical	--	04/2015
Potassium, K <a href="#">1</a>	mg	281	--	2.751	95	327	4.0	273.172	288.227	1	Analytical or derived from analytical	--	04/2015
Sodium, Na <a href="#">1</a>	mg	32	--	2.059	7	57	4.0	26.217	37.353	1	Analytical or derived from analytical	--	04/2015
Zinc, Zn <a href="#">1</a>	mg	10.92	--	0.471	1.84	13.7	4.0	9.647	12.193	1	Analytical or derived from analytical	--	04/2015
Copper, Cu <a href="#">1</a>	mg	0.231	--	0.006	0.21	0.34	4.0	0.214	0.248	1	Analytical or derived from analytical	--	04/2015
Manganese, Mn <a href="#">1</a>	mg	1.402	--	0.012	1.12	2.89	5.0	1.37	1.433	1	Analytical or derived from analytical	--	04/2015
Selenium, Se <a href="#">1</a>	µg	5.0	--	0.116	2.2	8.9	2.0	4.536	5.506	1	Analytical or derived from analytical	--	04/2015
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	2.4	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Thiamin <a href="#">1</a>	mg	1.195	--	0.022	0.89	1.44	2.0	1.11	1.28	1	Analytical or derived from analytical	--	04/2015
Riboflavin <a href="#">1</a>	mg	1.459	--	0.028	0.55	1.6	3.0	1.356	1.562	1	Analytical or derived from analytical	--	04/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Niacin <a href="#">1</a>	mg	23.006	--	2.053	15.3	26.5	2.0	14.209	31.804	1	Analytical or derived from analytical	--	04/2015
Pantothenic acid <a href="#">1</a>	mg	1.601	--	0.079	0.6	7.4	1.0	0.615	2.587	1	Analytical or derived from analytical	--	04/2015
Vitamin B-6 <a href="#">1</a>	mg	0.885	--	0.016	0.59	0.98	3.0	0.838	0.932	1	Analytical or derived from analytical	--	04/2015
Folate, total <a href="#">1</a>	μg	230	--	7.165	207	268	2.0	201.386	259.279	1	Analytical or derived from analytical	--	04/2015
Folic acid	μg	206	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2016
Folate, food	μg	24	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2016
Folate, DFE	μg	375	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2016
Choline, total	mg	20.9	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2016
Vitamin B-12 <a href="#">1</a>	μg	4.60	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
Vitamin B-12, added	μg	4.60	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
Vitamin A, RAE	μg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Retinol <a href="#">1</a>	μg	0	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2015
Carotene, beta	μg	0	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2003
Carotene, alpha	μg	0	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cryptoxanthin, beta	µg	0	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2003
Vitamin A, IU	IU	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
Lycopene	µg	0	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2003
Lutein + zeaxanthin	µg	0	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2003
Vitamin E (alpha-tocopherol)	mg	5.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Vitamin E, added	mg	4.89	--	--	0	0	--	--	--	--	Assumed zero	--	04/2016
Vitamin D (D2 + D3)	µg	8.5	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
Vitamin D2 (ergocalciferol) <sup>1</sup>	µg	0.0	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2015
Vitamin D3 (cholecalciferol) <sup>1</sup>	µg	8.5	--	--	8.5	8.6	1.0	--	--	1	Analytical or derived from analytical	--	04/2015
Vitamin D	IU	341	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
Vitamin K (phylloquinone) <sup>1</sup>	µg	0.5	--	0.014	0.1	1	2.0	0.488	0.593	1	Analytical or derived from analytical	--	04/2015
<b>Lipids</b>													
Fatty acids, total saturated	g	0.234	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
4:0 <sup>1</sup>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2015

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6:0 <a href="#">1</a>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2015
8:0 <a href="#">1</a>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2015
10:0 <a href="#">1</a>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2015
12:0 <a href="#">1</a>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2015
14:0 <a href="#">1</a>	g	0.009	--	0.001	0.01	0.01	1.0	--	0.018	1	Analytical or derived from analytical	--	04/2015
15:0 <a href="#">1</a>	g	0.002	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2015
16:0 <a href="#">1</a>	g	0.178	--	0.010	0.16	0.36	1.0	0.061	0.296	1	Analytical or derived from analytical	--	04/2015
17:0 <a href="#">1</a>	g	0.002	--	0.000	0	0	1.0	0.001	0.003	1	Analytical or derived from analytical	--	04/2015
18:0 <a href="#">1</a>	g	0.032	--	0.000	0.02	0.04	1.0	0.027	0.037	1	Analytical or derived from analytical	--	04/2015
20:0 <a href="#">1</a>	g	0.004	--	0.000	0	0.01	1.0	0.004	0.004	1	Analytical or derived from analytical	--	04/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:0 <sup>1</sup>	g	0.003	--	0.000	0	0.01	1.0	-0.002	0.007	1	Analytical or derived from analytical	--	04/2015
24:0 <sup>1</sup>	g	0.005	--	0.000	0	0.01	1.0	--	0.009	1	Analytical or derived from analytical	--	04/2015
Fatty acids, total monounsaturated	g	0.420	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
14:1 <sup>1</sup>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2015
15:1 <sup>1</sup>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2015
16:1 undifferentiated <sup>1</sup>	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
16:1 c <sup>1</sup>	g	0.001	--	0.000	0	0	1.0	--	0.002	1	Analytical or derived from analytical	--	04/2015
16:1 t <sup>1</sup>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2015
17:1 <sup>1</sup>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2015
18:1 undifferentiated <sup>1</sup>	g	0.207	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:1 c <sup>1</sup>	g	0.207	--	0.009	0.18	0.56	1.0	0.11	0.305	1	Analytical or derived from analytical	--	04/2015
18:1 t <sup>1</sup>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2015
20:1 <sup>1</sup>	g	0.002	--	0.000	0	0.01	1.0	0.002	0.003	1	Analytical or derived from analytical	--	04/2015
22:1 undifferentiated <sup>1</sup>	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
22:1 c <sup>1</sup>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2015
22:1 t <sup>1</sup>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2015
24:1 c <sup>1</sup>	g	0.001	--	0.000	0	0.01	1.0	--	0.002	1	Analytical or derived from analytical	--	04/2015
Fatty acids, total polyunsaturated	g	0.784	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
18:2 undifferentiated <sup>1</sup>	g	0.363	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
18:2 n-6 c,c <sup>1</sup>	g	0.363	--	0.024	0.22	0.53	1.0	0.064	0.662	1	Analytical or derived from analytical	--	04/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:2 CLAs <sup>1</sup>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2015
18:2 t not further defined <sup>1</sup>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2015
18:3 undifferentiated <sup>1</sup>	g	0.029	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
18:3 n-3 c,c,c (ALA) <sup>1</sup>	g	0.029	--	0.002	0	0.04	1.0	-0.002	0.06	1	Analytical or derived from analytical	--	04/2015
18:3 n-6 c,c,c <sup>1</sup>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2015
18:3i <sup>1</sup>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2015
18:4 <sup>1</sup>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2015
20:2 n-6 c,c <sup>1</sup>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2015
20:3 undifferentiated <sup>1</sup>	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2015
20:3 n-6 <sup>1</sup>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:4 undifferentiated <sup>1</sup>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2015
20:5 n-3 (EPA) <sup>1</sup>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2015
22:4 <sup>1</sup>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2015
22:5 n-3 (DPA) <sup>1</sup>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2015
22:6 n-3 (DHA) <sup>1</sup>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2015
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
Fatty acids, total trans-monoenoic	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
<b>Amino Acids</b>													
Tryptophan	g	0.094	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Threonine	g	0.316	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Isoleucine	g	0.290	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Leucine	g	0.559	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Lysine	g	0.304	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Methionine	g	0.185	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Cystine	g	0.169	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Phenylalanine	g	0.364	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Tyrosine	g	0.324	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Valine	g	0.446	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Arginine	g	0.646	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Histidine	g	0.193	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Alanine	g	0.425	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Aspartic acid	g	0.696	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Glutamic acid	g	1.291	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Glycine	g	0.366	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Proline	g	0.316	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Serine	g	0.342	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1978
Hydroxyproline <sup>1</sup>	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2015
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2003

**Sources of Data**

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 18f, 2014 Beltsville MD